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**Singing for a Strong  
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# Director's Corner

While I think all issues of *Living Well* are valuable, this is one that should be read, re-read and given to a friend who should call and request to be on the mailing list.

Our cover story with Marilyn Moore is a tribute to a lifetime of giving to children and adults as an educator. She is beginning a second career after taking the summer to clean out some closets and drawers, she said during her recent interview

on Live & Learn, Aging Partners program on 5 CITY-TV.

When Marilyn received recognition in the Lincoln YWCA's Tribute to Women, she told a story I'll never forget. A teacher returned a paper she had written with many grammar corrections. The teacher wrote across the top, "You will need to know these things when you work toward your doctorate degree." Marilyn said it was the first time she'd given thought

to pursuing a doctorate and a catalyst for a wonderful career.

We live up to the expectations of others. You can expect this to be an issue you read cover to cover. 



June Pederson, Director, Aging Partners

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## On the Cover

Marilyn Moore has spent her life performing some of the most important work that takes place in our community: teaching our youth.

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This publication's purpose is to educate and inform persons on topics, programs, issues and activities that are of concern to the mature population, their families and community organizations. Specific emphasis is on articles pertaining to the services of Aging Partners. Contents may be reproduced with credit to the magazine.

An audio edition of *Living Well* is available FREE from the Nebraska Library Commission's Talking Book and Braille Service, The Atrium, 1200 N Street, Ste. 120, Lincoln, NE 68508

# Knowledge Is Power: Avoiding Senior Scams

The old adage of respecting elders falls on the deaf ears of scam artists, who swindle more than \$2 billion of hard-earned savings from older adults each year.

A recent study of elder financial abuse, conducted by the Metlife Mature Market Institute, reported that the annual financial loss by elder victims is estimated to be at least \$2.9 billion, a 12 percent increase from the \$2.6 billion estimated in 2008. An astonishing 51 percent of cases were instances of fraud perpetrated by strangers.

“The largest audience of scam artists is the senior population,” said Jim Hegarty, president/CEO Nebraska Better Business Bureau. “They’re often home, have disposable income and, depending on the individual, may be slightly compromised and not in the position to make the greatest decisions.”

The Metlife study noted that women were nearly twice as likely to be victims of elder financial abuse as men. Most victims were between the ages of 80 and 89, lived alone and required some level of help with either health care or home maintenance.

Contrarily, nearly 60 percent of the perpetrators of elder financial abuse were males, most of which were between the ages of 30 and 59. In almost all instances, the goals of financial abuse perpetrators were achieved through deceit, threats and emotional manipulation of the elder.

“As our population continues to age, I predict the number of scams will continue to increase,” Hegarty said. “More people will become targets. As long as the schemes work, they’re going to continue to propagate.”

## Awareness is Key

According to Hegarty, there are three basic types of scams in Nebraska that older adults should be aware of:

### 1. Foreign lottery and sweepstakes scams

Older adults receive mail notifying them that they have won an enormous prize. The mail often features legitimate logos from Reader’s Digest and BBB that the scammer has stolen to lend legitimacy to the scam. These scams often originate in Jamaica, Costa Rica and Vancouver, where scammers send tens of thousands of mailings to ZIP codes in Nebraska in a “fishing expedition.”

The piece of mail usually contains specific and sophisticated instructions on how to claim the prize and includes instructions to call an agent. The older adults are given a check to deposit in their bank account and then asked to wire a smaller amount to cover taxes and processing fees for the prize to be delivered to their home by courier.

The end result is always the same: the prize never arrives, the check deposited by the older adult bounces and the money they wired was their own.

“Oftentimes, seniors who get on the hook of scammers continue to be engaged,” Hegarty said. “The scammer will call and say there was a problem with the courier and request more money for taxes. It can go on and on.”

Hegarty, who worked with one 87-year-old couple who spent \$135,000 throughout a three-year period to collect an \$800,000 prize, said scam artists look for people who have money, are vulnerable

and want to believe they have won.

“No legitimate lottery or sweepstakes ever requires you to spend money to collect your prize,” he said. “That’s the number one red flag.”

### 2. The grandparent scam

This type of scam is prevalent in the Midwest. Hegarty said not a week goes by that the BBB doesn’t receive a call from an older adult who witnesses this scam.

The scam begins when the phone rings. When an older adult answers, they hear someone on the other end of the line asking for grandma or grandpa.

“The hope is that the grandparent will then say the grandchild’s name,” Hegarty said. “Now, the scammer knows the name of the adult grandchild.”

The scammer will then tell a story about how the grandchild is on a trip out of the country and ran into trouble – either getting in an accident or breaking a law – and needs help.

The person on the phone will then tell the grandparent a law enforcement official or attorney is next to them and hand the phone off to another individual, who will begin to convince the grandparent that their grandchild is in trouble in a foreign country and needs money to pay medical or legal bills before being released to the United States.

“Often, the phony grandchild will beg the grandparent not to



*Jim Hegarty, president/CEO Nebraska Better Business Bureau*

tell their parents, and many are eager to help them,” Hegarty said. “The grandparent will then wire thousands of dollars via wire transfer to rescue grandchildren, who are probably right in their hometown.”

In almost every case, he said it is impossible to recover these losses. The scam artists use prepaid cellphones, couriers have stolen I.D.s and money from wire transfers can be picked up at a variety of locations.

“This type of scam is escalating and becoming more sophisticated,” Hegarty said.

### **3. Fraudulent work from home opportunities**

The scam primarily focuses on offers to become a secret shopper. These types of offers typically come via email or are found on websites. Like the lottery and sweepstakes scams, these offers boast legitimate looking logos from well-known businesses and BBB to create the illusion of authenticity.

Older adults apply to be a secret shopper for major retailers and receive notification that they have been accepted for the role. Their first assignment, delivered within a few days by courier, includes a check that appears legitimate. Shoppers are asked to deposit the check into their account, withdraw a smaller amount and evaluate the customer service of a wire transfer service by using their services.

“Ultimately, the consumer learns the check they deposited has bounced and the money they wired was their own,” Hegarty said. “Not only do they not have a work from home job, they often are out a significant amount of money.”

### **Advice**

Scams will continue to evolve. One of the best ways for older adults to protect themselves is to be armed with information. Don’t trust strangers asking for personal information, including callers claiming to work for credit card companies. Hegarty recommends hanging up the phone and independently calling the organization back to verify authenticity, as caller I.D. is not always reliable.

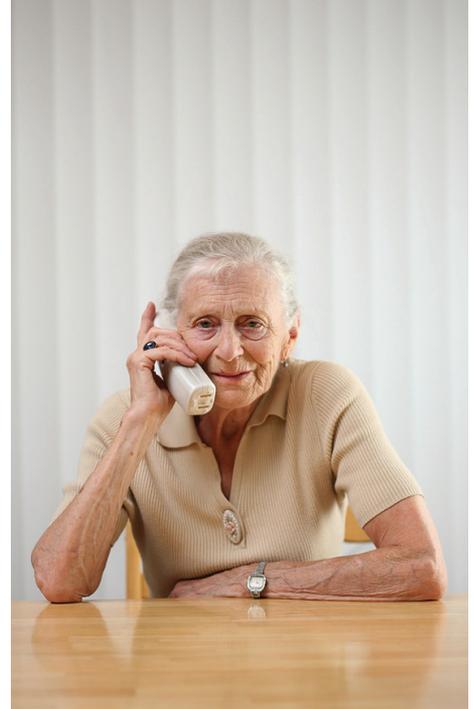
Never trust an email that appears to be from a legitimate source, such as a financial institution. To determine its legitimacy, hover the mouse over the email address; the actual name of the sender should appear.

“The most important item to remember is that if an offer sounds too good to be true, it’s because it is,” Hegarty said. “It’s appropriate to be extremely suspicious.”

### **Report Instances of Fraud**

It’s the job of the BBB to issue alerts and warnings, and heighten awareness regarding the existence of schemes and scams. However, BBB can’t do it without the assistance of older adults who face these scams each and every day.

“We consider them to be our partners in curtailing these schemes,” Hegarty said. “While we are on the front line trying



to protect them, they’re in the bull’s-eye of receiving a lot of these solicitations.”

If you believe you may be the victim of a scam, contact BBB’s toll-free senior line at 877-637-3334. The BBB has first responders available to assist older adults on the verge of falling prey to a scheme. If the call center is inundated with calls, leave a message and a responder will return the call.

If you receive suspicious materials in the mail, forward them to the BBB to make it aware of the new and evolving scams targeting older adults.

“We are encouraged by the number of seniors who are on top of their game and forwarding all of the suspicious materials they receive on a daily basis,” Hegarty said. 

#### **If in Lincoln, forward suspicious mail to:**

Better Business Bureau  
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Lincoln, NE 68510

#### **Residents elsewhere in the state can send materials to:**

Nebraska Better Business Bureau Headquarters  
11811 P Street  
Omaha, NE 68137

# Help from Nebraska Homestead Exemption

There are many reasons to love the Cornhusker State, but older adults with limited means are especially thankful for its participation in one particular program.

“The state of Nebraska has been very good to our older citizens by continuing to offer the Homestead Exemption Program,” said Houston Doan, insurance and financial counselor at Aging Partners. “In many states, these programs have either been reduced dramatically or eliminated.”

The Nebraska Homestead Exemption makes it possible for those who fit the eligibility requirements to receive exemption for some, or all, of their property taxes.

In 2012, the new income guidelines are \$38,300 or less for a married couple and \$32,500 for an individual. The income thresholds for disabled veterans and disabled individuals are higher: \$41,300 for a married couple and \$35,800 for an individual.

Even though your income may be higher than what the guidelines indicate, you may be eligible to receive some property tax relief. Homestead Exemption is based on an adjusted income amount that allows older adults to deduct expenses such as medical transportation; medical insurance, including Medicare Part B premiums; and long-term care insurance premiums.

In addition, Doan said it may be reassuring for older adults to know that even though they are receiving property tax relief, the county will be reimbursed by the state of Nebraska for those funds.

“If you take advantage of the Homestead Tax Exemption, county budgets won’t suffer,” he said.

New forms were mailed the beginning of February. If you have filed for Homestead Tax Exemption before but not yet received a form from your county assessor, contact them or Aging Partners.

Aging Partners provides assistance for individuals who have questions or need help filling out Homestead Exemption forms. Assistance typically begins in March, and the last day to file Homestead Exemption forms is July 2. 



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## Take a Different Approach with Palliative Care

**A**s medical technology advances, so does our ability to care for patients diagnosed with serious diseases and illnesses.

Enter palliative care, a “comfort care” program established at more than 1,000 hospitals nationwide, including more than a dozen in Nebraska.

The Nebraska Medical Center launched its palliative care program in 2009 with a mission of providing intensive symptom management and improving the quality of life for patients and understanding of care options for them and their families. According to the Nebraska Hospice and Palliative Care Association, this care also helps identify and address social, psychological and spiritual issues that can impact both an individual’s physical condition and the effectiveness of medical interventions.

In a press release from UNMC, Todd Sauer, MD, medical director of the palliative care service at The Nebraska Medical Center, said palliative care is different than hospice.

“Hospice is restricted to people who have a prognosis of less than six months to live,” he said. “Palliative care does not have that restriction because it does more than just help people at the end of their life.”

Dr. Sauer partners with nurse practitioners to help patients’ families understand their medical situation and available options.

“We are advocates for a patient and family,” he said. “We’re not there to make decisions for them, but help show them what choices and options they have ahead of them. We discuss their goals, needs and wishes so that we can help them and their medical team make the right choices for their care.”

The importance of palliative care was made evident as the new department exceeded expectations in its inaugural year. Expecting to receive about 100 calls, the palliative care service was called 240 times.

“Our service helps support the nurses providing the intense hour-to-hour care to our patients,”

Sauer said. “We work closely with the staff to provide holistic care for our patients’ – body, mind and spirit.” 



**We’re not there to make decisions for them, but help show them what choices and options they have ahead of them. We discuss their goals, needs and wishes so that we can help them and their medical team make the right choices for their care.”**

– Todd Sauer, M.D.

This publication was supported in part by Grant No. 1-470491233-D8 under a subgrant from the Administration on Aging and the Nebraska Department of Health and Human Services.

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## Family Caregiver Resource Fair Offers Answers

**H**ave questions about caring for your loved ones? Find the answers you're looking for May 10 at the Family Caregiver Resource Fair.

Co-sponsored by Aging Partners and Southeast Community College, more than 40 vendors will be available from 5 to 7 p.m. to provide information in the areas of housing, law, finance, home care and medical equipment. A key community presentation, *Overcoming the Overwhelming*, will be presented from 7 to 8 p.m. by Jerry Bockoven of Nebraska Wesleyan University.

"This event is about encouraging caregivers to realize that it's OK to ask for help," said Donna Washburn, caregiver coordinator. "Assistance and options are available to help supplement the great work family caregivers do, and options are exactly what caregivers will find."

### What You'll Find

Each booth will be marked with a color-coded balloon, so participants can easily locate the experts they're looking for. Find information for:

- **Medical Equipment** – Make life at home easier and safer for your loved one by learning about the variety of available medical equipment. Options include grab bars, safety devices to keep loved ones and caregivers in communication with one another, incontinence supplies and lifts.
- **Home Care** – Ease your workload with assistance from companies, programs and agencies that offer such services as cooking, cleaning, medication assistance, yard cleanup, painting and snow removal.

- **Supportive Services** – Experts in the fields of housing, law and finances will be on hand, as well as representatives from the Alzheimer's, Stroke and Parkinson's associations. Aging Partners Health & Fitness also will offer free services, including blood pressure checks, Sahara bone density checks and Ask a Dietitian.

This is the fifth time this event has been held; similar fairs were held in 2005, 2006, 2007 and 2009.

"Our vendors say this event is unlike any other health fair they attend," Washburn said. "Caregivers come prepared with very good questions in mind and know exactly what they are looking for. They know this is the place where they are going to find answers."

The fair is kept small and personal, so caregivers can feel comfortable talking openly with vendors. Information gleaned is valid throughout the entire Aging Partners service area.

"Caregivers leave feeling valued," Washburn said. "Our vendors understand the situation they are in, and caregivers realize we care about them and the responsibilities they have."



**There are only four types of people in the world:**

- 1. Those who have been caregivers**
- 2. Those who currently are caregivers**
- 3. Those who will be caregivers**
- 4. And those who will need care."**

– Rosalynn Carter

### Respite Care

If you plan to attend and are in need of respite care, bring your loved one with you. The Family Caregiver Resource Fair will have a room on site staffed with an L.P.N. and plenty of games, socialization and refreshments to keep your loved one entertained.

If planning to bring your loved one, please preregister for this service by May 3 by contacting Donna Washburn at 402-441-7575. This is a free service provided by Madonna Rehabilitation Hospital and Aging Partners.

### Mark Your Calendar

The Family Caregiver Resource Fair will be held Thursday, May 10, at SCC's Continuing Education Center, located at 301 South 68th Street Place. For more information, call Washburn at 402-441-7575. 

# Finding Rest in Hospice

**E**nd-of-life care for loved ones is among the most difficult decisions family members may ever have to make. Fortunately, a variety of care plans, including hospice, exist to ease the transition.

## What Is Hospice?

According to the National Hospice and Palliative Care Organization, hospice is considered the model for quality, compassionate care for people facing a life-limiting illness. Hospice provides expert medical care, pain management and emotional and spiritual support tailored to the patient's needs and wishes; it also provides support for the family's loved ones.

Hospice aims to care, not cure. Care is typically provided in the patient's home, but can be provided in hospice centers, hospitals, nursing homes and other long-term care facilities.

The Hospice Association of America notes that though the concept of hospice care dates to ancient times, the first hospice in the United States, The Connecticut

Hospice, began providing services in March 1974.

"The term can be traced to medieval Europe to describe a place travelers could find rest and shelter," said Sarah Baltensperger, community liaison for Pathways to Compassion Hospice. "We try to help people think of hospice as a way to add life to their days by having that quality of life and rest at the end."

## A Growing Service

A study shared by the NHPCO reports that of all Medicare decedents in 2001, 18.8 percent accessed hospice for three or more days; by 2007, that number had grown to 30.1 percent. The median total number of days a patient received care was 19.7 days in 2010.

In 2010, the NHPCO estimates that 1.58 million patients received services from hospice. Of more than 2.45 million deaths in the United States that year, approximately 41.9 percent of them were under the care of a hospice program.

"The most important thing to remember is that it's never too early to start thinking about hospice," Baltensperger said. "Often, we hear people wish they would have introduced it sooner."

## The Face of Hospice

The NHPCO reports that, in 2010, 56.1 percent of hospice patients were female and 82.6 percent were 65 years of age or older. Cancer diagnoses accounted for 35.6 percent of hospice patients, followed by heart disease, 14.3 percent; debility unspecified, 13 percent; dementia, 13 percent; and lung disease, 8.3 percent.



**It's really important for families to do research and find out how they and their loved one can benefit from the service."**

*– Sarah Baltensperger*

"Typically, someone who is eligible for hospice has a prognosis of six months or less," Baltensperger said. "Once a person is identified as being eligible for hospice, it doesn't take long to determine if they qualify."

## Choosing a Hospice

Hospice programs are located in all 50 states, and the number of programs continues to grow. In 2010, the NHPCO estimated there were more than 5,000 hospice programs nationwide.

To find the right care program for a loved one, Baltensperger recommends families do as much research as possible. According to the NHPCO, there are four general levels of hospice care, routine home care, continuous home care, general inpatient care and inpatient respite care.

"We encourage family members to interview many hospices to see who they are most comfortable with," Baltensperger said. "It's really important for families to do research and find out how they and their loved one can benefit from the service." 



## Medication Safety: Know What You're Taking

**T**hanks to modern technology and prescription drugs, Americans are living longer and healthier lives. But when a large percentage of our aging population is polymedicated, it's important to understand what drugs are being taken and why.

To prevent injuries due to medication side effects, adverse effects or medication errors, Rita Antonson, MSN, APRN, at the University of Nebraska Medical Center's College of Nursing, recommends older adults take more responsibility when it comes to monitoring their medications.

"To protect their health, patients need to know what medical conditions they are being treated for," she said. "They also should know the importance of taking the medications, and the possible side effects and adverse effects their medications can have."

### The Facts

According to the National Council on Patient Information and Education, older adults comprise 13 percent of the population but account for 34 percent of all prescription medicine use and 30 percent of all over-the-counter drug use.

A recent survey of 17,000 Medicare beneficiaries found that two out of five patients reported taking five or more prescription medicines. Additionally, almost 40 percent of seniors are unable to read prescription labels, and 67 percent are unable to understand information given to them.

When medications are not taken correctly, Antonson said it can slow both treatment and recovery. In some instances, medication mistakes can even harm or kill patients.

"Many older adults have more than one prescribing health care provider, which can lead to miscommunication and trouble," she said.

And if trouble does arise, the NCPPIE said older adults face an increased risk of serious adverse drug events, including falls, depression, confusion, hallucinations and malnutrition, all important causes of illness, hospitalization and death.

### Make a Plan of Action

To keep prescription drugs organized and prevent potential problems, Antonson offers these tips:

- Know the name, dosage, purpose, possible side effects and specific directions for each medication you take.
- Keep a current list of all your prescriptions and over-the-counter medicines, along with a list of any allergies. Show it to your doctors at every visit.
- Take your medicine at the prescribed times. If you take more than one, set up a system so you remember to take them at the correct times.
- Only take medications prescribed for you. Do not share your medicines with others, as they may cause serious harm.
- Check the label to be sure you have the correct medicine. Never take medicine in the dark.
- Follow the directions on the label carefully. Pay attention to the pharmacist's instructions on food and alcohol.
- Store all medicines out of the reach of children.
- Stick with one pharmacy. Pharmacists are trained to look for problems with drug interactions or other problems and can help you get problems straightened out. 



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*Camera Operator Lynn Janese films Tracie Foreman, Aging Partners health educator, and Terri Swanson, Aging Partners yoga instructor, practicing contemporary yoga for a show that will air on 10 Health.*

## Tune in to 10 Health

**K**eep wellness in the forefront of your life by tuning in to 10 Health, Lincoln's premier channel for the latest health and wellness related topics.

Airing in Lincoln on Time Warner Cable Channel 10, the show made its debut Jan. 1 and boasts 24 hours of both pre-produced and original wellness programming.

"Our ultimate goal is to reach out to as many people in the community as we can and help Lincoln become the healthiest city in the nation," said Melissa Fuller, 10 Health coordinator/public information specialist. "We want people to know they can rely on us to receive the most up-to-date and relevant information available."

### What's On

10 Health shows will feature a variety of topics, including cooking; women's health; exercise demonstrations of pilates, tai chi and yoga; and Live & Learn segments.

The channel recently introduced a Talks with Docs show and in the future plans to develop a children's morning show and a show centered on minority health.

"We're working with as many different entities in the city as we can," Fuller said. "We're trying to expand our audience to make sure everyone feels included."

Catch the tail end of a show you'd like to see in its entirety or forget what time your favorite show begins? Shows can be found online by searching 10healthlincoln on

youtube.com, visiting 10 Health's page on the city website or checking them out at facebook.com/10Health. The program schedule is available on the city website.

### Voice Your Opinion

10 Health welcomes feedback and suggestions from its viewing audience. If you have an idea for a new show or have a personal wellness story you'd like to share to inspire others, contact Fuller at 402-441-7599.

"We want to interact with the community members and hear what they think is important," Fuller said. "We're here to educate people and hopefully help them have a little healthier outlook after they see one of our shows." 

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# Rural Foot Clinics Keep Feet in Prime Condition

**T**hey may be tucked away in shoes and socks, but just because feet are out of sight doesn't mean they should be out of mind.

To keep feet in prime condition, Aging Partners offers foot clinics throughout its service area. For a suggested contribution of \$10, registered nurses provide basic foot and nail care, as well as education about caring for feet between visits.

"We offer a very non-threatening, wellness-oriented and comfort driven environment," said Mary Corder, an RN/BA who coordinates the foot clinic in Wilber. "According to the holistic wellness theory, if your feet don't feel good, you don't feel good."

Maintaining healthy feet should be a priority for everyone, especially older adults. Healthy and pain free feet keep older adults active and balanced, preventing falls. In addition, regularly monitoring feet can provide early warning signs of diabetes, arthritis, poor blood circulation and nerve damage.

As people age, Corder said they can have trouble both reaching their feet and having enough upper extremity strength to cut their nails.

"They can cut their nails to their detriment when they're not able to do it properly," she said. "We don't want people to compromise their health by getting an infection from a wayward cut."

Richard Schmidt, a 72-year-old Crete resident, has been visiting the clinic in Wilber since April 2008. He began making an appointment every other month when it became too difficult to perform the task himself.

"It got to be harder and harder, so I appreciate the service they offer," he said. "I enjoy the company, and Mary does a good job."



*RN/BSN Mary Tines, working with Thayer resident Dorothy Farley, typically sees 12 to 15 clients each time she visits York.*



*RN/BA Mary Corder spruces up the feet of Richard Schmidt at the foot clinic in Wilber.*

Mary Tines, RN/BSN, visits York, Seward and David City on a schedule that rotates every three weeks. She believes the service is a great preventive measure that can make a big difference in the quality of an older adult's life.

"It can get people beyond just surviving into thriving," she said. "I like knowing that I'm making a difference. It's something people can almost immediately notice; they get up and their feet feel so much better." **LW**

Registered nurses hold foot clinics in Wilber, Exeter, Seward, David City and York. To receive more information or to schedule an appointment, call:

**Butler County Senior Services**  
402-367-6131

**Fillmore County Senior Services**  
402-759-4922

**Lied Senior Center of Seward**  
402-643-4466

**Saline Eldercare**  
402-821-3330  
800-778-3309

**York County Aging Services**  
402-362-7626

## A 'Berry' Good Choice

**A**re you hankering for a luscious, sweet, ripe strawberry? Me, too. As the local season begins the end of May, U.S. grown berries will become plentiful and have the lowest prices.

Strawberries originated in the New World and were exported to Europe as early as 1600. Grown and used by Native Americans, these berries were shared with the early colonists. The name strawberry comes from the Old English *strewberige*, likely because the plant sends out runners that could be likened to pieces of straw.

Because wild berries were plentiful, strawberries were not cultivated until the early 1800s. Today, berries are primarily cultivated in large commercial farms in California, Florida and Oregon. The growing season and production are dependent on the weather in these locations, so availability

and price can change due to large amounts of rain or late freezes.

Though fresh strawberries have a delicious naturally sweet taste, there are only about 50 calories in one cup. Highly nutritious, eight medium size fresh berries can contain about 150 percent of the recommended daily intake of vitamin C and 20 percent of folate. They also are high in potassium and a good source of dietary fiber.

When shopping, choose strawberries with a bright red color and fresh green caps. As strawberries do not continue to ripen after they've been picked, do not buy berries that are partly white and unripe. The sweetness or taste of a strawberry is not determined by its size, but by its variety, weather and growing conditions, and the degree of ripeness when picked. Fully ripe berries, large or small, will be equally sweet and flavorful.

Until you are ready to eat or use them in a recipe, do not wash fresh strawberries or remove their caps. Store strawberries in a covered container in the refrigerator and use as soon after buying as possible. To wash strawberries, place them in a large strainer or colander and rinse with cool water. Remove their caps with the point of a paring knife, or gently twist and pull them off. Eat within a day or two of purchase, as mold is always a threat and there is no nutrition in food you have to throw out. A local 'you pick' operation may be the best source for berries that have more keeping time or if you want to freeze some.

Recipes are abundant for desserts, including the favorite and easy standby of angel food cake with fresh berries. Also, try adding fresh berries to salad greens or even baby spinach. It's "berry" good. **Lw**

### Frozen Strawberry Dessert

- |   |   |
|---|---|
| 1/4 cup margarine, melted                   | 3 egg whites (use the                     |
| 1 cup cocoa dusted almonds, coarsely ground | pasteurized all whites in the dairy case) |
| 1/2 cup chocolate graham cracker crumbs     | 1/4 cup sugar                             |
| 1/4 cup sugar                               | 1 tablespoon lemon juice                  |
| 1 pint fresh strawberries                   | 16 ounces thawed whipped topping          |

Combine margarine, almonds and crumbs. Spread in a 9x13 pan and bake at 350 degrees for five minutes. Reserve 1/3 cup and pat remainder across pan bottom.

Clean berries and dice. Add sugar and allow to stand to develop juices (can be left in fridge over night). Instead of fresh, you can use two cups of your frozen berries thawed.

Beat egg whites until soft peaks form. Add sugar gradually and beat until stiff peaks form. Add lemon juice and berries with juice developed and fold in the whipped topping. Spread over crumbs and sprinkle with reserved crumbs. Freeze until firm. Serves 15.

### Strawberry Spinach Salad

#### Dressing:

- |                            |                           |
|----------------------------|---------------------------|
| 2 tablespoons sesame seeds | vinegar                   |
| 1 tablespoon poppy seeds   | 1/4 teaspoon paprika      |
| 1/2 cup white sugar        | 1/4 teaspoon              |
| 1/2 cup canola oil         | Worcestershire sauce      |
| 1/4 cup distilled white    | 1 tablespoon minced onion |

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, canola oil, vinegar, paprika, Worcestershire sauce and onion. Cover and chill for one hour.

#### Salad:

- |  |  |
|--|--|
| 10 ounces fresh spinach – rinsed, dried and torn into bite-size pieces | cleaned, hulled and sliced             |
| 1 quart strawberries –   | 1/4 cup almonds, blanched and slivered |
|  | 1/2 cup sliced red onion               |

In a large bowl, combine the spinach, strawberries, almonds and onions. Pour dressing over salad and toss. Refrigerate 10 to 15 minutes before serving.

# Mind Your P's and Q's

I think you and your Plate should have Quiet time when it's meal time, a theme I noticed from a recent workshop on Mindful Eating that had a lot of thought-provoking information and ideas.

First, there was jaw-dropping research for all of us to consider when we think we are in total control of our food consumption. Through many experiments, Brian Wansink, Ph.D. from Cornell University, found that "knowledge doesn't necessarily lead to behavior."

After 90 minutes of nutrition education, college graduate students were treated to two types of food experiences at a Super Bowl party at a favored local sports bar. One room had three large 4-liter bowls (just over a gallon, or 16 cups) of snacks, while the other had six smaller bowls that each held only 2 liters. The only difference between the two rooms was the bowl sizes; both rooms had

the same amount of food, same type of snacks and same number of students. The results were surprising: students in the room with the larger bowls ate 53 percent MORE food.

The second study involved stale popcorn at the movies and pre-weighed servings – either large or extra-large – and fresh or five-day-old popcorn. At the end of the movie, containers were collected and the remainder weighed. The results – people ate 45 percent more fresh popcorn from the extra-large containers than the large. Even when the popcorn was stale, moviegoers ate 34 percent more from the extra large containers.

The conclusion? There is more to eating than know-how and taste. There are too many opportunities in our environment for mindless eating and our obesity epidemic may, in part, be a result.

What to do? Are there any solutions as easy to do as mindless eating?

The answer is yes; try some of these easy to implement ideas:

- Use a 10 1/4 inch plate instead of the 12 inch dinner plate (eating a full plate gives us a sense of satiety).
- Use smaller bowls and narrow glasses (again, we want a full bowl or glass).
- Rearrange cupboards so eye-level foods are the healthiest.
- Consider not eating in the kitchen, as the presence of foods can encourage more eating.
- Avoid multitasking and eating. If you don't attend to your eating, you are apt to overeat.

There you have it – Plate and Quiet for minding what you eat. 

For more information, visit [MindlessEating.org](http://MindlessEating.org) or [Eatingmindfully.com](http://Eatingmindfully.com).



## Farmers Market Coupons

Check with your Aging Partners Center Manager or your County Program in **June** to check on applications, sign up clinics and coupon availability. To be eligible for this program seniors must be age 60+ and meet income guidelines.



**Coming soon!**

# A Lifetime of Learning

**M**arilyn Moore has learned a lot of lessons throughout her lengthy career with Lincoln Public Schools, but one of her most poignant moments had to do with a discussion about rocks.

While visiting with students in a teacher advisor group, she learned that a seventh-grader named Mike – typically a good student – had received a poor grade in his science course.

“When I asked him about it, he told me he was really excited to learn about rocks and minerals but wished that at least once during the class he could have actually held a rock,” Moore said. “It was such a powerful lesson about how when children are learning about something, they need to be able to grab a hold of it and not just read about it.”

## Getting Her Start

Moore, who will retire as associate superintendent for instruction on June 30, received from the University of Nebraska-Lincoln a Bachelor of Science degree in social sciences in 1971; a master’s degree in education in 1974; and a doctorate in education in 1980.

“I’ve always wanted to be a teacher,” she said. “Growing up, I liked learning and I liked school. Math and music were my favorite subjects.”

The southwest Nebraska native’s first job in education was as a sixth- and seventh-grade social studies and English teacher at Goodrich Middle School. She spent three and a half years in the classroom before spending seven years with Teacher Corps, a federal program designed to train teachers to work in high poverty schools in the United States. She served two years as team leader and five years as assistant director.

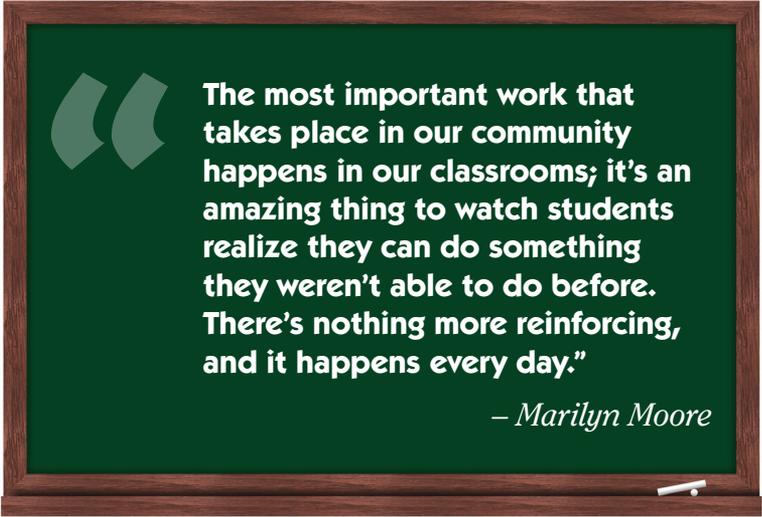
Her career path then led her to the LPS Human Resources Department, where she spent five years hiring elementary teachers and serving as the district’s Title 9 officer. She also worked with area colleges and universities to place practicum students and student teachers in schools throughout the community.

In 1987, Moore took on her current responsibilities of supervising the eight directors in LPS’s instruction division; developing and implementing the district’s instruction budget; and overseeing all board policies related to instruction.

“It’s my job to keep students and their learning at the center of every conversation we have,” she said. “It’s important to keep all of our attention focused on this mission.”

## A Changing Classroom

When Moore took on her current role 25 years ago, the LPS student



**The most important work that takes place in our community happens in our classrooms; it’s an amazing thing to watch students realize they can do something they weren’t able to do before. There’s nothing more reinforcing, and it happens every day.”**

– Marilyn Moore

population consisted of only about 7 percent minorities; today, that percentage has grown to about 30 percent.

“The community of Lincoln is much more diverse today, and that’s a powerful and really good change,” she said. “Different experiences and perspectives make every conversation richer.”

The district’s financial demographic also has changed dramatically. In 1987, fewer than 25 percent of students qualified for free or reduced lunch; today, that number has grown to 43 percent.

Improving technology, too, has altered how teachers teach and students learn. Moore remembers when the first computer arrived at Goodrich Middle School, and teachers wondered how they could possibly incorporate it into their lessons.

“Now, we can’t have enough computers,” she said. “Information has become so accessible that it has changed the role of the teacher. It’s now their job to help students find that information, learn to evaluate if it’s from a reliable source and know what to do with it.”



## A Fulfilling Career

It's been a source of pride for Moore to take part in the growth and development of students for more than three decades, whether directly as a teacher or indirectly as a leader.

For her, there is nothing more amazing than witnessing a kindergartner learn the sounds a letter makes, seeing a student produce an incredible piece of research or watching middle school students develop complex and abstract thinking skills.

"The most important work that takes place in our community happens in our classrooms," said Moore, who retires after this school year. "It's an amazing thing to watch students realize they can do something they weren't able to do before. There's nothing more reinforcing, and it happens every day."

## The Future

Retirement will be anything but slow for Moore. She is an active member of the community and has served as a board member for the Child Guidance Center; BryanLGH Health Systems; TeamMates; Junior Achievement; and the Lied Center. She recently completed two terms on the Lincoln Symphony Orchestra Board and is an active member of Saint Paul United Methodist Church. On Sept. 1, she will become president of the BryanLGH College of Health Sciences.

"I'm looking forward to working in the area of higher education," she said. "The role I'm taking on will allow me to share what I've learned about leadership, teaching and learning."

Moore also looks forward to spending time with Dave, her husband of 40 years, and her niece



*Marilyn Moore talks about her enjoyment working with the Lincoln Youth Symphony and often traveled with the group to out-of-town performances.*



*Marilyn Moore accompanies the Lincoln Youth Symphony on a trip to Hungary last spring, where the group made a stop at composer Béla Bartók's home in Budapest.*

and nephew; traveling; reading; and attending baseball games.

"Every year when I meet with the retired administrators from LPS, I tell them they look younger

and younger," she said. "It's because they're keeping their minds and bodies healthy and staying engaged. I plan to do the same." **LW**

# An Artistic Endeavor

**A**fter sculpting the minds of Lincoln's youth for more than three decades, retired Huntington Elementary School Administrator Beverly Ashley is channeling her energy into a different form of art.

## Right Place, Right Time

About one year ago, Ashley was walking the halls of Legacy Estates when she bumped into a friend who had just returned from an art class. After showing Ashley her masterpiece – a rubbing of leaves – the friend encouraged her to attend the monthly art class led by Jean Martin.

"I appeared the following class and have faithfully attended ever since," Ashley said. "What's fun about this project is it becomes something you can't let go of; it's a passion."

Since that fateful meeting, she has been busy. In the last year and a half, she has created 40 framed pieces. Her artwork is divided into several themes, including politics, family and friends, and ranges from melted wax creations to photo collages.

"I would never have thought I'd be doing this in retirement," said Ashley, who retired in 1994. "I encourage others to go into the unknown and wear a different hat."

Aside from keeping her mind active and creative juices flowing, she has noticed other physical benefits from devoting herself to her artwork.

"Anyone that is my age will have some aches and pains," Ashley said. "When I'm working, I become totally immersed and so focused on what I am doing that those feelings leave me. You can lose yourself entirely in the process."

## Endless Possibilities

Ashley's artwork is as limitless as her imagination. She enjoys the

freedom of choosing the time of day she works on it, the topic and the material.

"All of this is just the beginning," she said. "There are so many other avenues to explore and so many ideas out there. What I've created is just a sample."

In the future, Ashley looks forward to incorporating hummingbirds into her artwork. She also plans to use wax to create a portrait of a sunset or sunrise.



*Beverly Ashley, seated, with her mentor, Jean Martin, at her Feb. 23 art show at Legacy Estates.*



*Visitors and residents of Legacy Estates admire Beverly Ashley's artwork.*

Ashley's artwork was featured at a Feb. 23 show at Legacy Estates and was on display through March 14. 



*A Pioneering Area Agency on Aging*

**ANNUAL REPORT**

October 1, 2010 - September 30, 2011

*AND IN THE END,  
IT'S NOT THE YEARS IN  
YOUR LIFE THAT COUNT.*

*IT'S THE LIFE IN  
YOUR YEARS.*

**OUR MISSION**

*Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.*

~ABRAHAM LINCOLN

**PROUDLY SERVING**

*Aging Partners staff is proud to serve the people of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in Nebraska.*





## Where is the source of Aging Partners revenue?

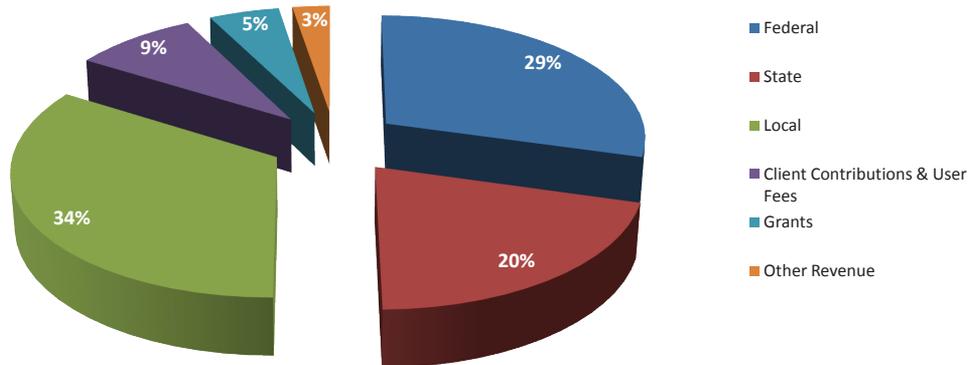
Aging Partners receives funding from a number of sources primarily Federal, State and Local governments. Additionally, the agency receives revenue from client contributions and user fees, grants as well as other revenue sources such as fundraising and support from several foundations.

**FUNDING SOURCES: OCTOBER 1, 2010 - SEPTEMBER 30, 2011**

### REVENUE

Oct.1, 2010 - Sept. 30, 2011

Federal	\$ 2,765,649
State	\$ 1,922,649
Local	\$ 3,196,610
Cont/Fees	\$ 814,062
Grants	\$ 461,271
Other	\$ 243,931



**TOTAL REVENUE \$ 9,404,172**

## Our Financial Summary



## How does Aging Partners use the revenue it receives?

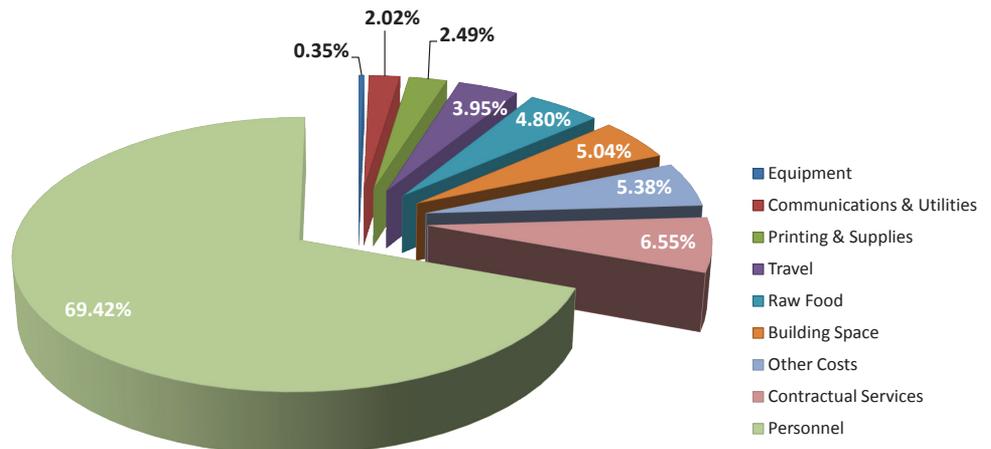
Aging Partners uses the revenue it receives to serve people. We are people caring for and helping people. Our largest expenditure is personnel — the people who serve our clients — expert, trained and caring staff. Building space, communications and utilities, raw food for Lincoln's Central Kitchen, printing and supplies, travel and equipment are additional expenses. Insurance and data processing are other expenses we incur in service to our clients.

### EXPENDITURES

Oct.1, 2010 - Sept. 30, 2011

Equipment	\$ 33,051
Comm & Util	\$ 188,258
Print & Supp	\$ 232,311
Travel	\$ 368,722
Raw Food	\$ 447,821
Other	\$ 502,255
Contract Serv	\$ 610,729
Personnel	\$ 6,475,087

**EXPENSES BY TYPE: OCTOBER 1, 2010 - SEPTEMBER 30, 2011**



**TOTAL EXPENDITURES \$ 9,327,885**

<http://aging.lincoln.ne.gov>

• 402-441-7000



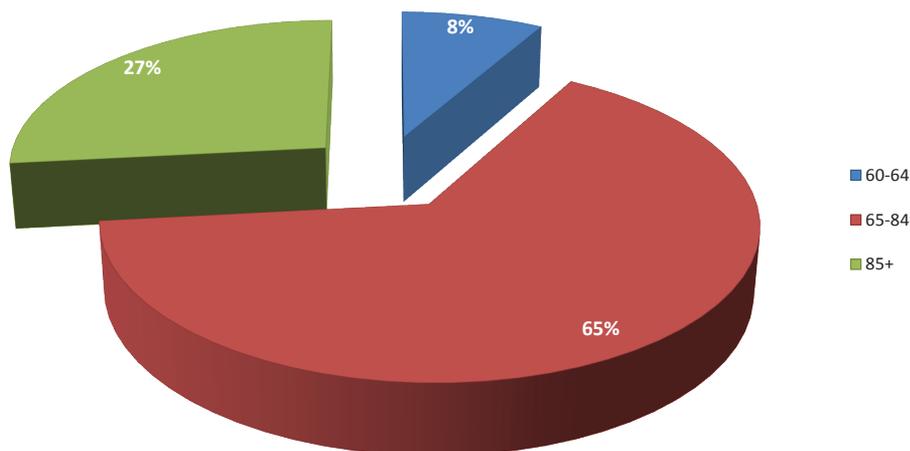
## What population does Aging Partners serve?

Aging Partners serves persons ages 60+ in an eight-county area in Southeast Nebraska comprised of Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties in accordance with the policies established under the Older Americans Act. Aging Partners also provides services to persons under age 60 on a fee-for-service basis.

*AGE IS AN ISSUE OF MIND OVER MATTER. IF YOU DON'T MIND, IT DOESN'T MATTER.*

~ MARK TWAIN

CLIENTS SERVED BY AGE: OCTOBER 1, 2010 - SEPTEMBER 30, 2011

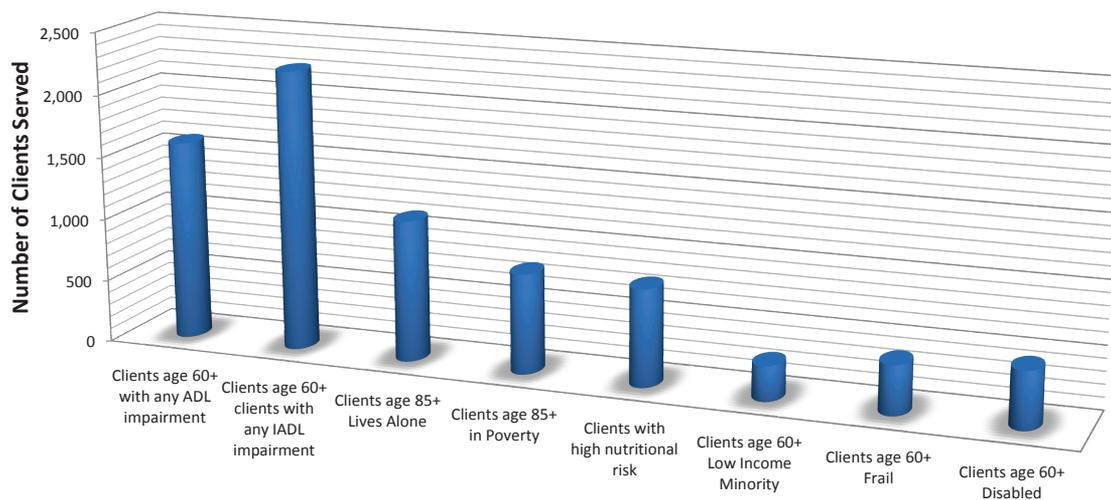


## Our Impact

*OLD AGE IS NOT A DISEASE - IT IS STRENGTH AND SURVIVORSHIP, TRIUMPH OVER ALL KINDS OF VICISSITUDES AND DISAPPOINTMENTS, TRIALS AND ILLNESSES.*

~ MAGGIE KUHN

HIGH-RISK POPULATION SERVED: OCTOBER 1, 2010 - SEPTEMBER 30, 2011



### High-Risk Criteria

ADL = Activities of Daily Living (i.e., Bathing, Dressing/Grooming, Eating, Mobility, Continenence, Toileting, Transferring)

IADL = Instrumental Activities of Daily Living (i.e., Cooking, Cleaning, Laundry, Transportation, Managing Finances, Running Errands)



*I'm pleased to share this annual report with you. Aging Partners is made up of people who help people. We have the answers to your questions about aging, whether it is for yourself, a family member, a neighbor or friend. We listen. Sometimes it is only a small amount of help that is needed. Sometimes many staff are involved to solve difficult problems.*

*When asked to describe who we serve, I say our clients are all ages and have many needs. Most of those we help are age 75 and older and are more likely to be a woman who lives alone on a fixed income. Our biggest percentage of growth in who we serve are people who are over the age of 85. Aging Partners*

*gets more than 8,000 telephone calls each year asking for information or help. Our website, [aging.lincoln.ne.gov](http://aging.lincoln.ne.gov), had a whopping 539,000 viewers in this reporting period and our quarterly Living Well Magazine was sent to more than 20,000 households in our eight county area. Aging Partners televised Live & Learn program hosted on Lancaster County's 5 CITY-TV aired 48 interviews this year featuring interesting people and timely information. Our health and fitness programming is available on both 5 CITY-TV and the new Channel 10 Health. Anyone can view these through the [lincoln.ne.gov](http://lincoln.ne.gov) website using the keywords "channel 5" or "channel 10." Look for keywords "on demand" programs.*

*Over the last decade, we have streamlined our programs and reduced our number of employees to match the same economic strains you and your family have experienced, while at the same time the number of people eligible for our services has significantly increased. We are proud of our ability to solve problems for elders and their families. Notes from grateful clients are found below. I would welcome your questions and thank you for taking the time to review this report.*

*June Pederson*

June Pederson, Director  
Aging Partners Area Agency on Aging

My Care Manager has worked with me quite a bit and has helped me tremendously.

She has shown that she has a working knowledge of a lot of things. She has helped with many things I am not able to do when dealing with financial issues.

She helps with a lot of people in our assisted living community and she always has a smile and knows most of the residents.

A Thankful Client

First of all and most importantly, THANK YOU! Thank you for being able to gain our father's trust and friendship. He was able to share some of his thoughts, fears and concerns. Best of all, you listened and laughed at his stories.

It takes an exceptional person to do what you do. You were respectful, forthright and honest with him and he knew that. You made a difference in his life and in ours. We thank you sincerely for all you have done for our family.

A Grateful Family

As always I find help in your newsletter. The headlines make it easy to scan the titles, and scroll to an exact topic.

There is always something that helps me. I have printed the newsletter off and shared it with a friend often.

Thank you.

A Family Caregiver

**1005 "O" Street, Lincoln, NE 68508-3628**

# Dedicated to Service

After devoting his career to his country, it's only natural Ed Binder is spending his golden years in service to his community.

During a career that spanned from 1943 to 1983, the 88-year-old served in World War II and the National Guard before retiring as a major general. He also served as state commander of the American Legion and state director of the Selective Service System.

"My time in the service taught me to help people and be a leader," he said. "It taught me to be a doer and keep a positive attitude."

Binder applies these life lessons to his work at the County/City Building, a place he's volunteered more than 20 years. He has assisted with Homestead Exemptions and worked in the county assessor's office, but for the last 10 years his smiling face has been parked behind the information desk every Tuesday, Wednesday and Thursday morning.

Binder's typical morning involves providing information and directions, validating parking and completing the occasional word search. The part he gleans the most joy from, though, is the social interaction.

"It keeps me thinking young," he said. "I'm no youngster, but hopefully I feel younger than I am. You can feel yourself slowing down, but you want to stop that if you can."

After 50 years of marriage, Binder's wife, Roma, died 15 years ago. Volunteering provides the perfect opportunity for him to get out of the house, interact with others and keep his mind active and sharp. He encourages older adults to follow in his footsteps, but cautions them against trying to do too much at once.

"Volunteering can be very self-satisfying," he said. "But if you get too involved in too many things, you won't do any of them well. Find one or two things you like to do and focus on it. You want to be selective, so you can perform a service."

When not fulfilling his civic duty, Binder enjoys working on the computer, reading military stories, attending events and spending time with his family. He has two children, three grandchildren and four great-grandchildren. 

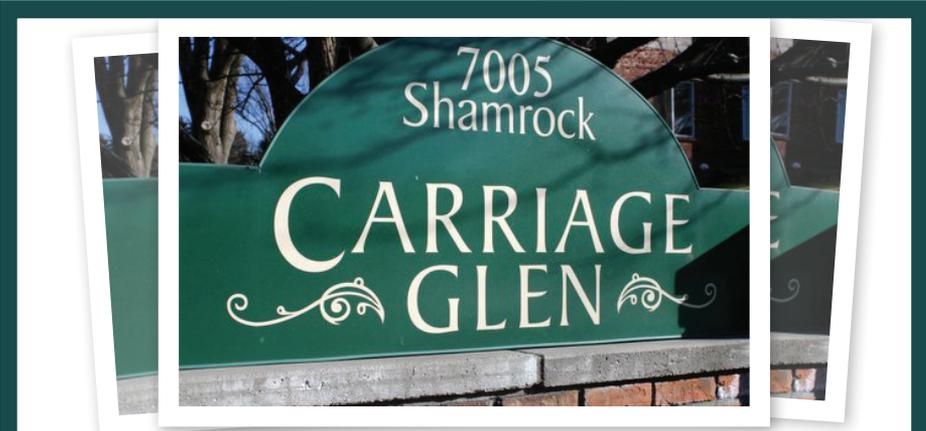


*Ed Binder volunteers three days a week at the County/City Building, providing entrants with directions and information.*



**Volunteering can be very self-satisfying. Find one or two things you like to do and focus on it. You want to be selective, so you can perform a service."**

*— Ed Binder*



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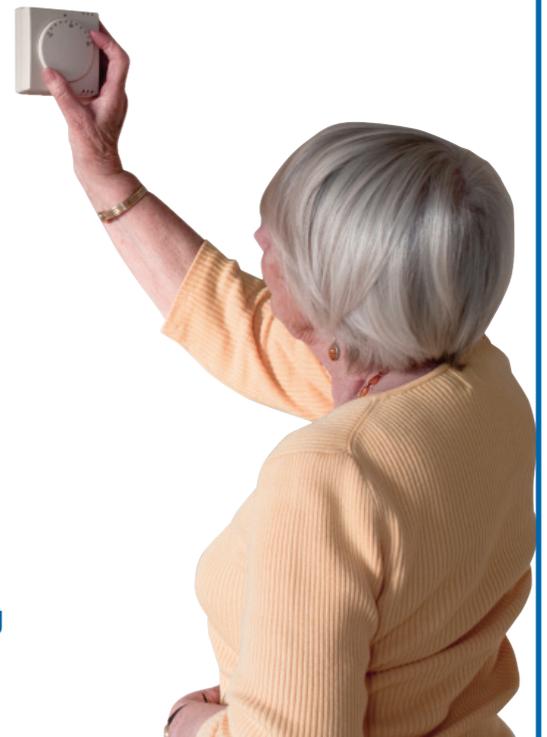


For more information:

402-875-9365

[www.communityactionatwork.org](http://www.communityactionatwork.org)

Community Action is part of a national effort through the US Dept. of Energy to weatherize more than two million homes for income-eligible residents





The cast of *War of the Worlds* displays the donations they received for the Lincoln Food Bank.

## Step Back in Time

The 1940s were dominated by World War II, and radio brought us news and music. Relive the music of the era as the OLLI/LCP Radio Active Players present “A USO Show: Stage Door Canteen,” free and open to the public May 21 and 22 at the Lincoln Community Playhouse.

### Living History

The United Services Organizations performed musical tributes – often featuring major motion picture stars and entertainers – for troops overseas during World War II to thank soldiers for their extraordinary service to our country.

“Some of the greatest music in American history was created during this turbulent time,” said Leta Powell Drake, OLLI show coordinator.

Audience members will enjoy songs from their youth and, Drake hopes, be inspired to sing along with the cast.

### OLLI/LCP Radio Active Players

The OLLI/LCP Radio Active Players was created in 2011 by Morrie Enders, Lincoln Community Playhouse

executive director; Dr. Dee Aguilar, OLLI coordinator; and Leta Powell Drake, OLLI arts chair, to offer older adults the opportunity to perform on stage in a radio show. An added incentive to encourage seniors to step on stage is they don’t need to memorize lines; scripts are read, just as they were in the old time radio shows. Costumes of the period will be worn by the cast.

The Radio Active Players presented their first show last May. A “Jack Benny Show” was selected because the script was written about Benny receiving an Admiralship in the Nebraska Navy. In addition, Don Wilson, the show’s great announcer, was born in Lincoln. Local commercials for Gold’s Green Stamp Redemption Center and Miller and Paine’s famous cinnamon rolls were inserted into the show. Nostalgia for the Jack Benny show required additional rows of chairs to be set up to accommodate the overflow audience in the Studio Theatre at the Playhouse.

Based on the show’s success, Orson Welles’ “War of the Worlds” was presented in November. Lincoln music legend Dorothy Applebee



The sound effects team for *The Jack Benny show* included, from left, Marge Thomssen, Barb Schlusser and Leta Powell Drake.

accompanied singers on the piano and a full house again applauded the Main Stage production. Audience members donated a Lincoln Food Bank item as the price of admission.

### Don’t Miss Out

Along with a private performance at the Seniors Foundation lunch May 17 at the Lincoln Country Club, “A USO Show: Stage Door Canteen” with Dorothy Applebee at the piano will offer two performances at the Lincoln Community Playhouse, 2500 South 56th St.:

- Monday, May 21, 1 p.m.
- Tuesday, May 22, 7:30 p.m.

The Radio Active Players shows are free and open to the public, but require a reservation. Make one today by calling the OLLI office at 402-472-6265. 



Members of the Nebraska Christian Men's Chorus include, front row, from left, Jim Kelly, Birk Adams, Bob Frame, Dale Neumann, Dennis Wieting, Vern Hartman, Lyle Mullins, John Ellis and Larry Cripe; back row, from left, Mark Roemer, Nile Buch, Ray Thomas, Dennis Butte, Paul Koehrsen, Ray Burcham, Virgil Wieting, Richard Hense and Marvin McIntosh. Not pictured: Carlos Arroyo, Dean Jones, Kenneth Moore. Photo by Allan Albers

## Singing for a Strong Body and Mind By Nancy Kenny

*God sent his Singers upon earth  
With songs of sadness and of mirth,  
That they might touch the hearts of men,  
And bring them back to heaven again.*  
~Henry Wadsworth Longfellow

**M**any of us grew up in a world filled with music and song. In my house, someone was always singing. My mother sang while she cooked and did the laundry. My sisters and I sang to help pass the time as we walked to school each morning. We sang at church, we sang in school choirs – and we especially loved singing along to our favorite songs on the radio. Singing is pleasurable, producing a calming effect on the mind and body, and there's an increasing body of research to indicate that singing is especially beneficial for older adults.

But how many of us are actively singing? It's a question I frequently ask the people I meet. Often the responses I receive are something like "I sang when I was young" or "My voice isn't very strong anymore." While it's true that our voice changes as we grow older, we can sing throughout our entire lives. Frequent singing can start to reverse the effects of vocal aging, allowing the voice gradually to regain strength and vitality. For older adults, the key element is access to songs that are musically and intellectually challenging, but not physically demanding.

While all singing is beneficial, research indicates that participating in choral music is especially helpful for the older adult. Aside from the social benefits of singing with others, choral singing leads

to increased respiratory function, improved health, heightened immune system and improved brain function. Best of all, researchers have found that people who sing on a regular basis require fewer doctors' visits and are less likely to be depressed. Now that's good news!

Residents of Lincoln and surrounding communities have many choices for choral singing. Most churches have opportunities for their members to participate in choral singing. Some of the other chorus opportunities include the Lincoln Continentals and the Lincolnaires, men's and women's barbershop groups. The Lincoln Senior Chorus is a mixed chorus that meets throughout the year and performs at various venues in Lincoln. A new chorus, the Nebraska Christian Women's Chorus, will



There's nothing quite as satisfying as raising your voice in song with a group of enthusiastic singers. Music Director Nancy Kenny and the Northeast Center are excited to give older adults the opportunity to experience this firsthand with the Aging Partners Northeast Center Chorus. Practice sessions will be held each Tuesday at noon from July 17-Dec. 18.

The Northeast Center is located at 6310 Havelock Avenue. No experience is necessary, just a desire to make a "Joyful Noise!" Call 402-441-7151 for more information or to sign up.

begin rehearsals at Crestwood Christian Church on Feb. 13.

Nebraska Christian Men's Chorus members have been raising their voices in song since 1993. The roughly 20 members range in age from mid-50s to late 80s, and these men produce a joyful and rich sound that comes from the soul as much as from the diaphragm.

What is it about singing that feels so good?

One of the members of the Nebraska Christian Men's Chorus (NMC) is Carlos Arroyo, 74, a retired general contractor who now spends much of his time as a photographer. He admits that he's lost some of the technical ability and musical range that he enjoyed as a younger man, but he feels that older adults more than make up for these losses with an increased understanding of the meaning of the music. Nile Buch, 71, is a retired ELCA minister who joined NMC last year. He calls the chorus "a powerful gift" that continues to energize him long after the rehearsals have ended.

Mark Roemer, an active farmer in his mid-50s, sings with NMC as a means of relaxation, enjoyment and fellowship. John Ellis, 86, met his wife 10 years ago when they were members of the Lincoln Senior Chorus. A retired music teacher, Ellis has sung with NMC for 12 years and consistently delights audiences with his obvious love for music.

Larry Cripe, 76, is the NMC's accompanist and a frequent vocal soloist who has been involved with the chorus for 15 years. Although he is now retired from his calling as a minister/minister of music, he feels his ministry continues when he performs for residents of retirement centers. Vern Hartman, 70, sometimes bemoans the fact that he can't sing as well as he did when he was younger, but he loves the social aspect of singing with the men in the NMC. He recalls one particular rehearsal when the Chorus sang "O Holy Night."

"It was surreal," Hartman said. "The music came from our souls. Once you've had an emotional

experience like that, you want another, and then another."

As these and other members of the NMC will attest, singing takes our minds off the stresses of the day. When we sing, our bodies release pain-relieving endorphins. Our lungs expand, our circulation is improved and our immune systems are stimulated. Singing is an easy way to improve our physiological and psychological well-being. So whether you sing with your church choir, with one of the local choruses, with your friends and neighbors, or with your grandkids, do yourself a favor and SING! It's good for the health, and also good for the soul! 

*Nancy Kenny is an Assistant Vice Chancellor at the University of Nebraska-Lincoln and the director of the Nebraska Christian Men's and Women's Choruses ([www.christianchorus.org](http://www.christianchorus.org)).*

**Living Well,  
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NOW**



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Saturday

**May  
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# In Remembrance

**A**ging Partners mourns the loss of two of its cover stars, Bob Smith and Sally Gordon.

## Bob Smith

Smith, featured in the Fall 2011 edition of *Living Well*, died Jan. 19 at the age of 70. Born Oct. 26, 1941, he was a longtime member of the Lincoln Iris Society and active member of the Nebraska Daylily Society. He was known for his skill of being a grower and hybridizer of iris, hibiscus and daylilies.



## Sally Gordon

*Living Well* debuted its first issue – October, November and December 2005 – with Sally Gordon on the cover. Gordon, 102, died Feb. 14. Born March 26, 1909, Gordon served 27 years as a sergeant-at-arms for the Nebraska Legislature and was named America’s “Outstanding Oldest Worker” in 2011 by Experience Works. 



# Introducing Seniors Everyday

**O**lder adults have yet another resource available at their fingertips with the launch of 10/11’s new website, Seniors Everyday.

The site offers a wealth of information from resources throughout the community and features topics of interest for Lincoln’s aging population.

The site also provides easy access to local experts, including Aging Partners. Each expert has its own FAQ page filled with knowledge, advice and tips relating to their area of expertise.

Log on to [senioreveryday.com](http://senioreveryday.com) to learn about upcoming events, watch a video on the weekly topic or score a healthy recipe for tonight’s meal. 

**There is no age limit to learning and loving life.**



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# Generations Join Together for Learning

A new generation has been frequenting the Exeter Senior Center, but it's not the baby boomers. Since December, Exeter-Milligan's first-grade class has been spending one hour each month at the center.

The idea was broached by the class' teacher, Sharon Lott, who asked if Program Director Brenda Motis would be willing to help students hone their reading skills.

"The idea seemed too great to pass up," Motis said.

The eight students who read to older adults in December marked the beginning of a mutually beneficial partnership. The children returned in January to practice math and counting currency before reversing the tables and teaching their older companions about iPads.

"The students get to practice their skills and learn from the seniors of the community," Lott said. "They also get to put to work what they have learned from the six pillars of character: responsibility, respect, caring, citizenship, fairness and trustworthiness."

The students returned to the center in February for a Valentine's Party – featuring treats made by the students – and again in March, when older adults shared quilts they owned or made to correlate with the students' lesson on quilting and patterns.

Motis, who believes the students are gaining much more than just a monthly field trip, looks forward to a lasting relationship with the school and thanks Lott, her students and the school's administration for their support.

"This partnership is wonderful and a win-win situation for the students and the senior center participants," Motis said. "When you look around and see smiles on all the faces, you realize something special is happening."

Students normally visit on the second Wednesday of each month. Motis encourages older adults in Exeter and its surrounding communities to stop by the center and join in the fun.

For more information, call the Exeter Senior Center at 402-266-2133. 



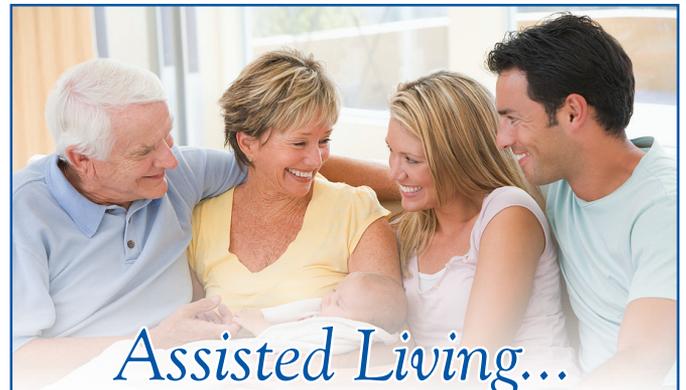
*Chase Vnoucek celebrates a Bingo win with Roma Rhodes.*



*Participants at the Exeter Senior Center include, back row, from left, Mary Ann Votipka, Doris Hall, Elva McBride, Evelyn Michl and Jane Kaiser; second row, from left, Darleene Becker, Erma Adamson, Elaine Krejci, Roma Rhodes and Marion Geiger; and front row, from left, Olivea Swanson, Gabe Jindra, Morgan White, Cade Kresak, Chase Vnoucek, Brianna Wiederspan, Marcus Krupicka and CeCe Murphy.*



*Children – and those young at heart – enjoy a rousing game of Bingo.*



## Assisted Living...

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# Support Aging Partners with Lincoln Cares



Since 2003, Lincoln Electric System customers and matching community donors have contributed more than \$1 million to fund Lincoln Parks and Recreation projects and programs through Lincoln Cares, the City of Lincoln's voluntary donation program that offers LES customers the opportunity to contribute by adding \$1 each month to their bill payments.

Lincoln Cares is expanding its giving opportunities to include both Aging Partners and Lincoln City Libraries. A donated dollar on a monthly bill will be distributed to the three city departments for projects that need support beyond the funding provided by your tax dollars.

The addition of two new departments to this successful program offers community members the chance to expand their generosity. June Pederson, Aging Partners director,

said the Agency will use donated funds to support programs – such as the Snow Removal Program – that provide services that assist low-income older adults to remain in their homes.

“Aging Partners works with older adults who are on fixed incomes and struggle to find the extra dollars to pay for snow removal or lawn care, but could continue to live at home with a modest amount of help. Joining the successful Lincoln Cares program will add to our ability to keep elders in their homes as they grow older,” Pederson said.

“We have a number of older adults who can live in their own homes with a small amount of help,” she said.

Between 2000 and 2010, the number of people living in Lincoln age 60 and older grew from 30,126 to 39,894, an increase of 75.5 percent. The largest number of older adults served by Aging Partners is the 80

to 85 age group, which grew by 46.4 percent in the last 10 years.

Without assistance from Aging Partners, older adults teetering on the brink of independence would need to move to facilities largely paid for by state and federal Medicaid dollars. Donations from Lincoln Cares can help these longtime members of the community safely remain in their own homes.

“Reduced city budgets mean we’re trying to do a lot more with fewer dollars to serve an increasingly larger number of people,” Pederson said. “Aging Partners and the older adults it serves will greatly benefit from the assistance provided by this successful program.”

More information regarding the addition of Aging Partners and Lincoln City Libraries to Lincoln Cares will be inserted in April LES customer bills. 

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# Orr on the Map

**K**ay Orr made history 26 years ago when she won the Nebraska gubernatorial race to become the first Republican woman to be elected governor in the U.S.

It was a grueling fight in the polls between Orr and her Democratic counterpart, Helen Boosalis, mayor of Lincoln from 1975-1983. Orr pulled away from her competitor, winning by a 53 to 47 percent margin.

“That whole campaign really did put Nebraska on the map,” she said, reflecting on the moment that changed her life forever.

## Campaign Highlight

It was an exciting campaign overall, but perhaps her most memorable moment was when she was challenged to ride the symbol of her party when a circus came to Lincoln. Hearing her opponent agree to do the same motivated Orr to mount the elephant and ride it from the railroad station to Pershing Center downtown.

“When I got up there, I thought, ‘Oh my!’” she said. “When I got into campaigns, no one told me exactly what we’d get into!”

## Political foundation

She attended the University of Iowa before beginning her political career in 1964 as a volunteer Republican party worker. She worked alongside politicians such as Richard Nixon, Roman Hruska, Carl Curtis and more. Orr was named an Outstanding Young Republican Woman in Nebraska.

All of this pales in comparison to her term as 36th Governor of Nebraska from January 1987 to December 1990.



Former Nebraska Governor Kay Orr and Live & Learn host Leta Powell Drake review their notes before interview taping begins.

## Reversed Roles

Her governorship kept her busy, requiring her husband, Bill, to absorb the traditional homemaker role. The couple received significant national attention for this. People magazine, for example, ran a photo Dec. 12, 1988, of her at the podium with Bill standing behind her, holding her purse.

The attention escalated during fundraising efforts for the Governor’s Mansion when Bill released a compilation of recipes by well-known Nebraskans called “The First Gentleman’s Cookbook.” He was later featured on “Live with Regis and Kathie Lee” and made his favorite recipe from the book — meatloaf.

“They found soon enough that he adapted well to center stage,” Orr said.

## Her Legacy

She took over for former Governor Bob Kerrey at the end of the recession, which required her

administration to “pinch” for the first year. The revitalization of the entire economy allowed Orr to make positive changes in Nebraska.

“My administration turned things around by creating more jobs,” she said.

Despite her successes, she was defeated by Democrat Ben Nelson in her campaign for re-election in 1990 by a small margin.

## A New Journey

Although she enjoyed her time in the political spotlight, she loves her current role.

“This is the best time of life for me, being a grandmother,” she said.

Orr has six grandsons and one granddaughter, ranging in ages from 13 to 23. She is thrilled to live within two blocks of five of her grandsons.

Although family keeps her busy, she also makes time to be a trustee at a traditional classical liberal arts college in Hillsdale, Mich. **LW**



Let the Lancaster County Public Rural Transit get you to where you need to go. An affordable fare of \$2 per boarding allows access to all riders, even those living on a limited budget. A round trip fare is \$4 with additional stops available for \$2 per stop. Riders can utilize the transit service for any purpose or destination in the county. Call 402-441-7031 to schedule transportation and for additional information.

# Home Handyman Debuts Heavy Housework

**A**s the mercury inches upward and lawns turn green, residents throughout Lincoln begin to eye their dusty blinds and curtains and those elusive dust bunnies under the couch.

Fortunately for older adults, the time-honored tradition of spring cleaning coincides perfectly with the addition of heavy housework to the Home Handyman Program's long list of services.

## Introducing Heavy Housework Services

In a recent in-house survey, older adults reported needing help for such tasks as cleaning behind and under heavy furniture; scrubbing showers and tubs; and using stepladders to take down, launder and re-hang curtains and blinds.

In response, the Home Handyman Program expanded its offerings to include Heavy Housework Services. Along with assisting with the above duties, home handymen will be available to clean hard-surfaced floors, wash windows, clean ceiling fans and turn mattresses.

"Staying in touch with seniors' needs is essential in providing relevant services," said Carol Meyerhoff, Home Handyman program coordinator. "This addition to our service remains consistent with our mission and is intended to assist older adults in completing tasks that have become difficult or unsafe to do."

As each year passes, Emma George, 91, notices that chores she previously performed around her home are becoming harder and harder to do.

"I don't have a sense of balance like I used to," she said. "Sometimes I get a little woozy when I get up."

It's also difficult for George to climb back to her feet after kneeling, making it nearly impossible to clean her bathtub or floors.

"I'm not strong enough to push myself back up, and I tire very easy," she said. "These new services will make my life a little easier. I'm going to use the Home Handyman Program when I need it."

Meyerhoff said George is a great example of an older adult who uses the resources available to her to remain independent in her own home.

"She tries to do everything on her own, but when she gets to the point where she needs help she's smart enough to protect her health and safety," she said.

## Celebrating 40 Years

In April the Home Handyman Program will celebrate four decades of providing quality and dependable minor home repair and maintenance services for older adults in Lincoln and Lancaster County.

"Our mission throughout the years has focused on supporting a senior's decision to remain living safely in their home of choice," Meyerhoff said. "Our excellent staff and terrific handymen make the service what it is today. Older adults trust the dependability of the handymen and have confidence they will be treated fairly."

In addition to the new Heavy Housework Services, take advantage of the wide array of existing services:

- **Outdoor Work Season:** Schedule your yard cleanup, mowing, gutter cleaning, garden prep, spring window washing, setting up your patio furniture or other outdoor repair or maintenance tasks.
- **Safe Homes for Seniors:** A "free" home hazardous waste assessment and removal program is offered through a partnership with the Lincoln-Lancaster County Health Department and the Aging Partners Home Handyman Program.



*Emma George*

The Home Handyman Program is looking for honest and reliable men and women to fill the work need for its new Heavy Housework Services or in its Outdoor Service area, which includes mowing and general work. We accept quality and invested workers who are genuinely interested in supporting older adults.

Interested? Call 402-441-7030 for additional information and an application.

Specially trained handymen conduct a home assessment to identify, sort and possibly remove potentially harmful products in and around your home you no longer need or use. Assessments are scheduled in conjunction with the Community Household Waste Collections April through November or by appointment.

Contact the Home Handyman Program at 402-441-7030 to schedule a service. 

## AGING PARTNERS

Serving Butler, Fillmore, Lancaster, Polk, Saline, Saunders, Seward and York counties. 1005 "O" St., Lincoln, NE 68508-3628, 402-441-7070 or 800-247-0938  
aging.lincoln.ne.gov

Key for Services: ▲ = Lancaster only

## MISSION

Aging Partners plans, coordinates and advocates for older people in our eight-county area. Our mission is to enhance daily living, expand personal choices and educate the community in an effort to ensure the independence and full life of the people we serve.

## Being Well

### NUTRITION

- **Nutrition Consultation** - Older adults receive assessments, intervention planning, counseling, follow-up and coordination with other service providers. 402-441-7159
- **Meals** - Noon meals, selected evening meals with entertainment, special holiday meals and light menu choices are available at some centers. 402-441-7159

### HEALTH & FITNESS

- **Health Center** - Exercise classes, fitness equipment and certified personal trainers. ▲ 402-441-7575
- **Senior Health Promotion Center** - University of Nebraska-Medical Center and Aging Partners provide health screenings. ▲ 402-441-6687

- **Caregiver Support Services** - Caregivers receive stress management, exercise, health and wellness assessments, and nutrition counseling. 402-441-7575
- **Fit to Care** - Free tips from a registered dietician and certified personal trainer to help decrease the effects of chronic tension.
- **Health Education Programs** - A variety of topics assisting individuals to make healthy lifestyle choices.
- **Health Screenings** - Screenings include blood pressure, cholesterol, glucose, bone density and more.
- **Exercise** - At several locations; pilates, yoga, stretch and tone classes. Daily fitness programs on 5 CITY-TV, Channel 5 and 10 Health, Channel 10. ▲
- **Alzheimer's Disease** - Information and referral. 402-441-7070 or 800-247-0938
- **Widowed Person Service** - Support for people who are widowed. ▲ 402-441-7026

## Planning Ahead

### FINANCIAL

- 402-441-7070 or 800-247-0938
- **Financial Counseling** - Information on Medicare, private insurance policies, reverse mortgages and counseling.
  - **Legal Counseling** - Free legal advice and referral services for those who meet financial guidelines.
  - **Medicare & Medicaid Fraud** - Seeks to reduce waste and fraud in the Medicare and Medicaid programs.

### SENIORS FOUNDATION

The charitable foundation that plans, advocates for, and supports the programs and services of Aging Partners. To contribute or volunteer, call 402-441-6179 or visit seniorsfoundation.org.

## Staying Involved

### VOLUNTEER!

- **Foster Grandparent Program** ▲ 402-441-7026
- **Long-Term Care Ombudsman** 402-441-7070
- **Senior Companion Program** 402-441-7026

### SENIOR CENTERS

Social events and activities, health and educational programs. Noon meals, selected evening meals with entertainment, special holiday meals, brown bag and shelf-stable meals for at home. Transportation to the centers is available for a fee. Six centers in Lincoln and five in Lancaster County. ▲ 402-441-7158





## Living at Home

### INDEPENDENT LIVING SUPPORT SERVICES

402-441-7070 or 800-247-0938

- **Care Management Services**
- **Lifeline Emergency Response System** - 24-hour emergency access at the press of a button.
- **Supportive Services Program** - Eligible older persons can receive assistance with the cost of in-home services.
- **Caregiver Support Groups** - Discuss issues and problems of caregiving with other caregivers.
- **Senior Companion Program** - Home-bound older adults receive companionship.
- **Harvest Project** - Mental health and substance abuse services for older adults.
- **Home Handyman Service** - Minor home repairs and maintenance from mowing to leaky faucets, painting and broken light fixtures and heavy housework services.  
▲ 402-441-7030
- **Subsidized and Independent Housing Resource Listings**

### LONG-TERM CARE OPTIONS/ CARE MANAGEMENT

402-441-7070 or 800-247-0938

- **Long-Term Care Ombudsman** - Protects the rights of residents in long-term care facilities.
- **Senior Care Options** - Long-term care and assessment for Medicaid-eligible persons seeking nursing home care.
- **Medicaid Waiver Services** - State funded in-home services for those who are Medicaid-eligible who choose to live at home or use community-based services.
- **Assisted Living and Nursing Facilities Resource Listings**

## Other Services

### INFORMATION AND REFERRAL

Provides help for older adults and their caregivers to resolve questions and concerns about aging. Services include referrals, counseling, social work and care management. Start here to determine alternatives, and arrange services in the Aging Partners service area.  
Call 402-441-7070 or 800-247-0938.

### TRANSPORTATION

- **Ride within Lincoln to the Centers**  
▲ 402-441-7158
- **Lancaster County Public Rural Transit** - Scheduled transportation to and from Lincoln and rural Lancaster areas. Handicap accessible.  
▲ 402-441-7031
- **Other options in the community** - Listings available at 402-441-7070

### LIVING WELL MAGAZINE

This free quarterly magazine features stories of interest to older adults and is mailed directly to their homes. To suggest a story idea or advertise with *Living Well*, call 402-441-6156. To receive *Living Well* by email instead of in the mail, call 402-441-6146 or email [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov).

### LIVE & LEARN

A monthly TV show for and about older adults on 5 CITY-TV, Channel 5 and video-on-demand at [lincoln.ne.gov](http://lincoln.ne.gov).

## MULTI-COUNTY PROGRAMS

- Butler County Senior Services  
Linda Vandenberg, 402-367-6131
- Fillmore County Senior Services  
Brenda Motis, 402-759-4922
- Polk County Senior Services  
Jan Noyd, 402-764-8227
- Saline Eldercare  
Amy Hansen, 402-821-3330
- Seward County Aging Services  
Kathy Ruzicka, 402-761-3593
- York County Aging Services  
Lori Byers, 402-362-7626

## CARE MANAGEMENT

All Counties: 800-247-0938

Aging Program Coordinator,  
Donna Mulder

- Butler County  
Becky Romshek, 402-367-4537
- Fillmore County  
Rhonda Stokebrand, 402-759-4922
- Polk County  
Amy Theis, 402-747-5731
- Saline County  
Trudy Kubicek, 402-826-2463
- Saunders County  
Mary Dailey, 800-247-0938
- Seward County: 800-247-0938
- York County, Jerri Merklinger  
402-362-7626

## SENIOR CARE OPTIONS (SCO) & MEDICAID WAIVER

- 402-441-7070 or 800-247-0938

402-441-7070

In Nebraska 800-247-0938

[aging.lincoln.ne.gov](http://aging.lincoln.ne.gov)

# Aging Partners News and Events

## Start Electronically Receiving Your Copy of *Living Well* Magazine Today!

When you receive *Living Well* magazine by email, you have direct access to many services. Click your mouse on any website listed

and you are linked directly to a service or advertiser's website. There are wonderful stories in every issue of *Living Well*. By visiting the Aging Partners website, you will find current and past issues. Feel free to print out the whole magazine or just the pages that interest you. Call Deb Baines at 402-441-6146 or email her at [dbaines@lincoln.ne.gov](mailto:dbaines@lincoln.ne.gov) to sign up.



## Health and Wellness

### Aging Partners

#### Health & Fitness Center

Monday through Friday

8 a.m. - 4 p.m.

233 S. 10th St., Suite 101

A certified personal trainer is available on Tuesdays and Thursdays from 9 a.m. - 2 p.m., or by appointment. \$10 suggested monthly donation for 60-plus; \$15 for 60 and under.

#### Senior Health Promotion Center

Free services available to people 60 years and older include comprehensive foot care, ear care, blood pressure, blood glucose and cholesterol checks, Sahara Bone Density screenings and health education. The clinic is open on the lower level of the Downtown Senior Center most Wednesdays and Thursdays. (Please note the change

in days.) Call 402-441-7575 for information. Contributions accepted.

- April (All services available)  
Wednesdays, 10:30 a.m. - 1:30 p.m.,  
April 4, 18  
Thursdays, 9 a.m. - 1:30 p.m., April 5,  
12, 19, 26
- May (Foot care only)  
Thursdays, 9 a.m. - 1:30 p.m., May 3,  
10, 17, 24, 31
- June (Foot care only)  
Thursdays, 9 a.m. - 1:30 p.m.,  
June 14, 21

#### Free Nutrition Consultations

Do you have questions about how to adjust your diet for sodium, saturated fat, calories, carbohydrates, whole grains, omega-3 fatty acids or fiber? Free nutrition consultations are offered by our registered dietitian in the counties of Butler, Fillmore, Lancaster, Saline, Seward, Polk and York. Call 402-441-7159 to schedule a personal appointment.

#### Free Yoga and Stress Management

Wednesdays, 10 - 11 a.m.

233 S. 10th St., Suite 101

This gentle class is designed for caregivers and others looking for ways to manage stress in their lives.

#### Basic 8-Form Beginners Tai Chi Class

April 3 - May 25

Tuesdays and Fridays, 9 - 10 a.m.

Auld Center, 3140 Sumner

\$32 suggested contribution or \$64 fee for 60 and under.

#### 24-Form Intermediate Tai Chi Class

April 6 - May 25

Fridays, 10:15 - 11:15 a.m.

Auld Center, 3140 Sumner

\$16 suggested contribution or \$32 fee for 60 and under.

#### Living Well – Take Charge of Your Health

This free series provides tools that enable participants to live healthier lives. All will receive an easy-to-follow book that outlines day-to-day management techniques and positive approaches to difficult changes and a relaxation CD. Caregivers of persons with chronic illnesses can benefit from this course. Tuition for classes is paid by a grant from the Nebraska Department of Health & Human Services.

- April 4 - May 9  
Wednesdays, 1 - 3 p.m.  
Northeast YMCA  
2601 N. 70th Street  
Call 402-441-7575 to register.
- April 11 - May 16  
Wednesdays, 1 - 3 p.m.  
York Area Senior Center  
725 Nebraska Avenue  
York, Nebraska  
Register through Deb Schnell at Southeast Community College 402-362-6655 or Lori Byers at 402-362-7626.
- June 6 - July 18 (No class on July 4)  
Wednesdays, 1 - 3 p.m.  
Heritage Crossing Care Center  
501 N. 13th Street  
Geneva, Nebraska  
Call Brenda Motis at 402-759-4922 to register.

#### Family Caregiver Resource Fair

Thurs., May 10, 5 - 8 p.m.

SCC Continuing Education Center

301 S. 68th Street Place

Lincoln, Nebraska

5 - 7 p.m., Mini Health Fair

5 - 7 p.m., Vendor Fair

7 - 8 p.m., "Overcoming the Overwhelming – The Coping Power of Spirituality" by Dr. Jerry Bockhoven, Nebraska Wesleyan University Psychology Department  
Visit with more than 40 service



providers to help answer tough questions about care for your loved ones. Free non-medical respite available on-site for caregivers who cannot leave their loved one home alone. Call Donna Washburn at 402-441-7575, by May 3 to arrange for respite care.

## Educational

### Caregiver Education Group

1:30 - 3:30 p.m.

Saint Paul United Methodist Church, 1144 "M" St., Room 145  
Parking is available under the church. Enter from 11th street.

- Tues., April 24  
The Heart Truth: Learn the signs of heart disease in women and the lifestyle changes that can reduce risk factors. Tracie Foreman, Aging Partners Health & Fitness Program.
- Tues., June 26  
Work With Me: Communicating with your Health Care Professional: Learn how to get the most out of your physicians or other health care professionals. Linda Stevenson, Americorps Member/Aging Partners Health & Fitness Program.

### Caregiver Support Group

7 - 9 p.m.

Madonna Rehabilitation Hospital, 5401 South St., Lancaster Room

- Thurs., April 12  
The Heart Truth: Learn the signs of heart disease in women and the lifestyle changes that can reduce risk factors. Tracie Foreman, Aging Partners Health & Fitness Program.
- Thurs., June 14  
Work With Me: Communicating with your Health Care Professional: Learn how to get the most out of your physicians or other health care professionals. Linda Stevenson, Americorps Member/Aging Partners Health & Fitness Program.

### Bob Ross Oil Painting Classes

- Sat., May 5 - Autumn Days  
Lake Street Center, 2400 S. 11th St. Paint along with certified instructor Donald R. Belik in this one-day painting class for painters of all abilities. Students will enjoy fun and sure-fire results. All materials and supplies are provided. Saturday class is from 9:30 a.m. to 3:30 p.m. \$50 fee per class.

### Lunch Box Talks

Calvert Recreation Center  
4500 Stockwell St.

Lunch: 11:30 a.m.

Presentation: Noon

\$3 suggested contribution

Join us for a little "Munch and Learn" with a delicious box lunch and a chance to hear about fascinating topics of interest to you and your friends. Our speakers come from a variety of places and are sure to promote lots of questions and discussion. For more information call 402-441-7158.

- Wed., April 18 - Community CROPS: Here We GROW Again!  
It's spring and time to start thinking about starting that garden. Ingrid Kirst will share the latest in the remarkable growth of Lincoln's Community Gardens, as well as a few gardening tips.
- Wed., May 16 - "Susto" A study of Fear and Folk Medicines  
It seems like everyone today is talking about alternative medicines. Dr. Krejci and a colleague began studying this fascinating topic in the 1970s and have published their findings. Come hear more about this fascinating topic.
- Wed., June 20 -  
Lincoln In Black & White  
Join Ed Zimmer, Historic Preservation Planner, as he shares the work of early Lincoln

photographer John Johnson (1879-1953), whose work, much of which focused on his fellow members of the African-American community, has been celebrated nationwide. Zimmer has co-authored a book on Johnson that places these beautiful photographs in a broad context that increases our understanding of Lincoln's and America's history.

### Free Computer Instruction

Tuesdays, 10 a.m. - noon

Downtown Center, 1005 "O" St.

Work one on one with Catherine Ward to get answers to most questions or problems.

## Entertainment

### Saturday Breakfast

#### Books 'N' Brunch Series

Downtown Center, 1005 "O" Street, 10 a.m.

If you love to read and enjoy getting the inside scoop from the authors themselves, this event is just for you. Three local authors will share their books and poems on selected Saturday mornings. Brunch will be served and door prizes will be drawn. Call 402-441-7154 for reservations. \$3 suggested contribution or \$6 fee for 60 and under. \$3, Van \$2

- Sat., April 14 - "Love Affair with the Americas," written and illustrated by Shirley Maly. A Lincoln native, Shirley lived three years in Uruguay with the Peace Corps from 1992 to 1995. This book was inspired by her years in South America and her subsequent travels in this hemisphere.
- Sat., May 12 - "Nights Sounds and Other Stories" and "The Meaning of Names" by Karen Gettert Shoemaker. Karen is a faculty member with

*Continued on page 38.*

# Aging Partners News and Events

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the University of Nebraska's MFA in Writing Program. She will discuss "Turning Family Stories into Literature: Researching and Writing the Historical Novel."

- Sat., June 2 - "The Poetry Ladies," with Charlene Neeley and Jeanette Bjerrum. "The Poetry Ladies," as they have come to be known, started 20 years ago while sharing poetry in schools with children in grades kindergarten to 12. They graduated to church groups, senior centers and care facilities. Today, they enjoy sharing their love of words by reading poetry - their own and that of more familiar poets.

## **Dinner & Show Series**

Cotner Center Condominiums  
1540 N. Cotner Blvd.

(North 66th at Cotner & Holdrege)

- Dinner: 5:30 p.m.,  
Show: 6:30 p.m. \$8. Van transportation: \$2.  
Show only tickets: \$4.

Reservations and cancellations are due by 10 a.m. on the Tuesday before the show. Payment is due prior to event. No refunds. Send payment to: Aging Partners, Attn: Dinner & A Show, 1005 "O" St., Lincoln, NE 68508-3628. Sponsored by Butherus, Maser & Love Funeral Home, in cooperation with Cotner Center Condominiums.

- "The Biggest Hits of 1964," featuring Jimmy Mack  
Thurs., April 12

Some of the greatest songs of our times were recorded in 1964. Join Jimmy as he treats us to a sampling of some of the best music on record from that great year. He has more than 40 years experience, a voice that's suited to a variety of musical

styles, and he always delivers. He'll also share fascinating history about the artists who wrote and recorded these memorable tunes. Menu: roast beef, mixed vegetables, roll, chocolate pie

- "Light Up The Night," featuring The Lightning Bugs  
Thurs., May 10

They were a terrific hit last year, so we couldn't wait to have them back. This talented trio specializes in "Moonbeam Swing" featuring jazz and pop standards from the 1930s and 40s. Their smooth vocal harmonies transport us back to the days of groups like The Mills Brothers and an era when the big bands were blowing. Menu: spaghetti and meat sauce, garlic bread, cupcake

- "You're A Grand Old Flag!," featuring Omaha's own Joyce Torchia  
Thurs., June 14

It's Flag Day, and we can't think of a better way to celebrate. Wear your red, white and blue and join talented vocalist Joyce Torchia as she treats us to patriotic and inspiring tunes from a variety of places. We'll even have a free drawing for an American flag of your very own. Menu: lasagna, fruit salad, breadstick, frosted cake

## **4th Annual Pitch Tournament**

Sat., April 21, 9 a.m. - noon  
Lincoln Bridge Club, 237 S. 70th St.

There will be refreshments and prizes for the first, second and third place teams. Space is limited. Please register as teams or singles. Call your center or 402-441-7158.

Cost: \$5 per player, payable by April 11.

## **Older Americans Month All City Picnic featuring "3 Chords & A Prayer"**

Tues., May 1, 10 a.m. to 1 p.m.

Antelope Park Picnic Grounds  
(Rain location, Auld Pavilion)

Enjoy a beautiful spring morning, live old time music with "3 Chords & A Prayer" and grilled hot dogs with all the fixin's. Sign up at your nearest Aging Partners Center. \$3 suggested contribution.

## **Free Older Americans Month Dance featuring "Skylark"**

Tues., May 22, 7 - 9 p.m.

Auld Pavilion, 1650 Memorial Drive  
Dust off those dancing shoes, call your friends and join us for music and refreshments at a venue that holds years of our favorite dancing memories. Sponsored with "Right At Home," Home Care Assistance.

## **"A Senior Prom to Remember," featuring the Bobby Layne Orchestra & Special Guest "4 His Glory"**

Thurs., June 7, 6 - 9 p.m.

Pla Mor Ballroom, 6600 West "O" St.  
The evening includes refreshments, door prizes and a special mini-USO tribute to the music of the 1940s featuring Red Oak, Iowa's "4 His Glory." Free tickets will be available beginning Tues., May 1, at Butherus Maser & Love, your nearest Aging Partners Senior Center and Home Instead Senior Care. Call 402-441-7158 for more information. Major Sponsors: Butherus Maser & Love, Home Instead and Aging Partners.

## **Day Trip Tours**

Join us for reasonably priced day trips featuring entertaining places and activities. A minimum of 20 riders is necessary to confirm these tours. Call 402-441-7158 for details and reservations.



- “CUT! Costume & the Cinema”  
Sat., April 28  
The Durham Museum, Omaha  
Departure: 9 a.m. Northeast Center  
Return: Approximately 2 p.m.  
Discover the glamour, luxury and artistry of cinematic fashion in “CUT! Costume and the Cinema.” You will experience five centuries of fashion and style as interpreted by award-winning costume designers. More than 30 actors (including Johnny Depp, Daniel Craig, Kate Winslet, Sandra Bullock, Uma Thurman and Angelica Huston) will be represented from 27 films (including Sherlock Holmes, The Duchess, Pirates of the Caribbean, Sense and Sensibility, and The Phantom of the Opera). Lunch on your own at the Old Country Buffet. Cost: \$25

- “WILD Adventure!”  
Wed., May 23  
The Henry Doorly Zoo, Omaha  
Departure: 8 a.m. Northeast Center  
Return: Approximately 2:30 p.m.  
This special zoo package includes a visit to the beautiful Henry Doorly Zoo, tram passage and a ticket to the Lozier IMAX Theatre for an amazing film experience. Lunch on your own follows at the Old Country Buffet. Cost: \$35
- “POW WOW at The Arch!”  
Fri., June 15  
Kearney, NE  
Departure: 8 a.m. Northeast Center  
Return: Approximately 4:30 p.m.  
The day begins with a look at Kearney’s newest attraction, “The Classic Car Collection.” The collection, which features more than 130 lovingly

restored cars from the early 1900s to the 1980s and video and multimedia displays, will be a feature of 2013’s Lincoln Highway Centennial Celebration. Lunch is on your own at Kearney’s beautiful Peterson Senior Center, a suggested donation of \$3.50. Next, we’re off to the Great Platte River Road Archway for a Pow Wow celebration featuring “Dancers of the Plains”, traditional dances of the Northern Ponca tribe of Omaha and the Southern Ponca tribe of Oklahoma. The event also features education stations, living history activities and a variety of vendors. Cost: \$40 

**402-441-7158**  
**aging.lincoln.ne.gov**



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